



Cavity Free Holidays

By Dr. Julia Richman DDS, Dino Kids Dentistry

This year has flown by and the holidays are just around the corner! Whether you celebrate Thanksgiving, Kwanzaa, Hanukkah, Christmas... or a combination, those holidays all have one thing in common: good meals and treats to share with family and friends!

Here at Dino Kid's Dentistry, we believe strongly in the importance of sharing time and meals with family and friends. How can we have these fun and important holidays and also keep our teeth healthy? (Spoiler Alert: This works for kids and parents!)

- Try to restrict sweets to mealtimes. It's best to not snack on sweets all day long.
- Eat chocolate instead of sticky candies and dried fruits. Chocolate melts away and does not stick on the grooves of your teeth like other sweets do.
- Don't forget brushing and flossing, morning and night!
- Those high sugar coffee shop drinks are a big source of extra sugar in the diet. Try to get them made with less sweetener (both adult and child drinks).
- Make sure to eat plenty of whole fruit, vegetables, complex carbohydrates, and protein. Try to avoid filling up on empty calories such as sweets and salty snacks.
- Drink plenty of water throughout the day. Water helps wash sugar away and is a better option for staying hydrated than sweet drinks.



EXPERT CONTRIBUTOR

From Dr. Richman and the Dino Kid's Dentistry Team, we wish everyone a very safe and happy holiday season!



Specialty pediatric dentistry in a family-centered environment.

Our experienced team here at Dino Kid's Dentistry will happily assist your child in achieving a healthier smile. We provide a range of common pediatric treatments for children of all ages, including age 1 dental visits at the first birthday.

Baby Tooth Crowns
Teledentistry
Digital X-Rays

First Dental Visits
General Anesthesia
Nitrous Oxide

Oral Surgery
Silver Diamine Fluoride
White Dental Fillings



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